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# Retinol Activity Equivalent

National Cancer Institute

## Source

National Cancer Institute. *Retinol Activity Equivalent*. NCI Thesaurus. Code C67438.

An arbitrary unit for measurement of the bioefficacy of ingested provitamin A carotenoids introduced by the U.S. Institute of Medicine (IOM). For a given amount of provitamin A compounds in a mixed diet, IOM estimates that the number of retinol activity e (RAE) is half the number of RE suggested by FAO/WHO. RAE is viewed as an approximate guideline because it was defined on the basis of relatively few studies and limited data on carotenoids bioavailability and bioconversion.